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## SIMPLE SWEETS FOR CHILDREN

A list of children's confections includes those that contain some sugar and fat but also ingredients to add other food values and to relieve the richness. On this list go the fruit candies, particularly those made of dried fruit, as well as popcorn, molasses, and gelatin candy. Lollipops and other hard candies are preferred to the soft, rich kinds because children usually eat them more slowly.

Many of the dried fruit candies are so simple that even young children can make them. These have the advantage of not being too sweet and of containing valuable minerals, especially iron. Parisian sweets are some of the easiest to make. Use equal quantities of dried figs and dried apricots or seedless raisins. Run them through a food chopper together and then form them in balls or cubes and roll in powdered sugar. A little sirup added to the mixture will help to hold it together. Store these sweets in a tin box or tight jar to prevent drying out.

Popcorn balls and sugared popcorn are also good choices for the children. Popcorn is a good cereal in itself, and it helps to relieve the sweetness of the candy mixture. Because molasses and sorgo sirup contain iron and other minerals, molasses taffy, always a favorite for winter candy pulls, has the approval of nutritionists. A molasses mixture can be used in making popcorn balls.

A handsome and delicious jellied candy, made with fruit juice and gelatin, is Turkish paste. It is a combination of gelatin, sugar, water, and lemon juice, flavored with mint and tinted a delicate shade of green.

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